

## Bedtime Sh'ma

(MAY THESE BE THE LAST WORDS ON  
YOUR LIPS AT NIGHT)

Eternal Friend,  
Witness that I forgive anyone  
Who hurt or upset me  
Or who offended me  
Damaging my body, my property  
My reputation  
Or people that I love;  
Whether by accident or willfully,  
Carelessly or on purpose;  
With words, deeds  
Thoughts, or attitudes;  
In this lifetime  
Or in another incarnation —  
I forgive every person,  
May no one be punished because of me.

During this retreat pay special attention to how and  
what you eat and how you use your sexual energy.  
Let each act of eating or sex be an expression of  
your holiness.